

BUILDING ON STRENGTHS

FY2015 Report to the Community
July 1, 2014 – June 30, 2015



Saint Louis Mental Health Board

Dear Friends,

The first—and usually the best—opportunity for successful change is to exploit one's own successes and to build on them. —Peter F. Drucker



(top) NINA NORTH MURPHY, LCSW
CHAIR, BOARD OF TRUSTEES

(bottom) JAMA DODSON
EXECUTIVE DIRECTOR

Exploiting one's own successes and building on them. At the St. Louis Mental Health Board, we've deliberately woven that concept of leverage into our vision... "to be a *strategic visionary leader investing in and strengthening an integrated system of mental, physical and social health to build an equitable, thriving community.*" Our vision is about **connecting**, **accessing** and **aligning** the assets that already exist within our organizational partners and initiatives—and building a stronger St. Louis together.

We're especially proud of the following achievements in FY2015:

Invested in High Quality Services to Almost 13,000 City Residents

- 100 grants to 58 organizations for services to residents of the City of St. Louis
- \$7,164,550 for Community Children's Services grants
- \$3,900,710 for Community Mental Health grants
- \$697,290 sub-awards from federal funds

Addressed Critical Behavioral Health Needs

- Juvenile justice and jail diversion interventions
- Substance abuse treatment and support
- Treatment for pregnant/post-partum women with mental health conditions
- Trauma focused therapy for children and adults
- Critical services for New Americans
- Services to foster children and youth aging out of foster care
- In-school services and afterschool programs in City schools

Strengthened an Aligned, Equitable Service Delivery System

- Identified behavioral health needs of City children and adults
- Partnered with the Missouri Department of Mental Health and the Regional Health Commission to train over 350 social service and school district professionals on effective responses to trauma
- Attracted \$4.2 million of new federal funding to the community for a five-year initiative to expand services for children/youth with serious emotional disturbances
- Helped to initiate Ready by 21 St. Louis whose goal is to dramatically improve the prospects of our children/youth by aligning community efforts around common markers of well-being
- Aligned MHB Children's Services Fund investments with Ready by 21 framework
- Initiated trustee/staff development program to assure racial equity of MHB's own policies and practices

We are pleased with the progress that we've made over the past year, but there is a long journey ahead before we achieve an equitable, thriving community for all of our citizens—including our most vulnerable.

As echoed in the Ferguson Commission Report *Forward Through Ferguson: A Path Toward Racial Equity*, "To drive change, we will all need to continue striving. Our civic, business and not-for-profit community have incredible capacity. Our grassroots organizations and advocates have tremendous energy. Taken together, there is capacity for remarkable transformation."

In Partnership,


Nina North Murphy
Board Chair


Jama L. Dodson
Executive Director

About

Saint Louis Mental Health Board

MHB



The Saint Louis Mental Health Board (MHB) is a special taxing authority charged with collecting and distributing two separate tax funds (Community Mental Health Fund and Community Children's Services Fund) for purposes consistent with Missouri State Statutes and approved by the voters.

In 1994, voters in the City of St. Louis approved a dedicated property tax assessment to establish a **Community Mental Health Fund (CMHF)** for St. Louis City residents. Ten years later, in 2004, voters in the City of St. Louis approved another dedicated property tax assessment to establish a **Community Children's Services Fund (CCSF)** for St. Louis City residents. The monies assessed are disbursed through a competitive application process and granted to non-profit organizations that create, maintain and enhance behavioral health services for City residents across the lifespan.

In 2015, MHB also served as the lead grantee for three Federal grants, one through the HHS Office of Refugee Resettlement and the other two through the HHS Substance Abuse and Mental Health Services Administration (SAMHSA). The majority of these federal funds are re-granted to non-profit, direct service providers.

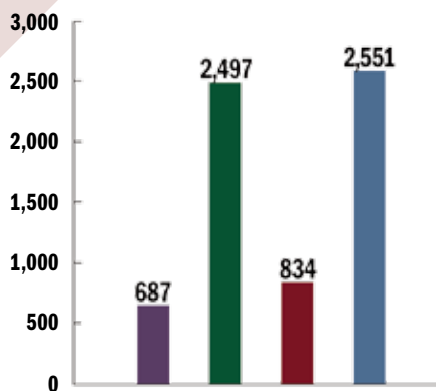
The funds administered by MHB are intended to supplement, not replace, other existing resources with the aim of increasing impacts that would not otherwise be possible. As good stewards of public funds, MHB utilizes an outcome-focused approach, investing in projects that are able to show measurable and verifiable changes in the lives of those they serve.

Community Children's Services Fund

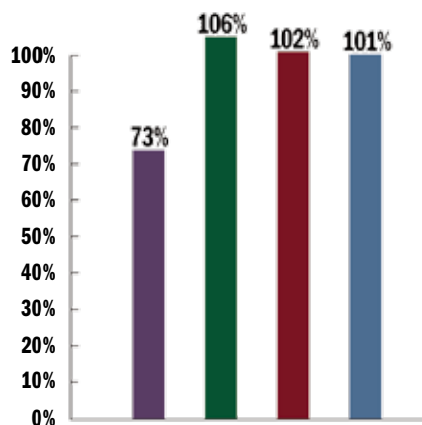


The Community Children's Services Fund is dedicated to improving the wellbeing of children in the City of St. Louis. This is accomplished through investing in a wide range of quality community programs, chosen through a rigorous and highly competitive application process. Funded programs address the behavioral health needs of City children, birth through age 18, providing services from prevention to treatment. These services fit within one of the four impact areas below:

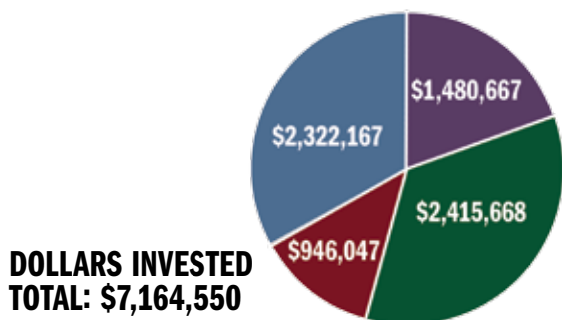
- 1) **Parents** provide safe and nurturing environments for their children.
- 2) Children and youth are **successful learners**.
- 3) Children and youth have **healthy life skills**.
- 4) **At-risk** and troubled children and youth are stabilized.



FY2015 CONSUMERS SERVED: 6,569



**PERCENT OF GOALS ACHIEVED
BY FUNDED PROJECTS**



IMPACT AREAS:

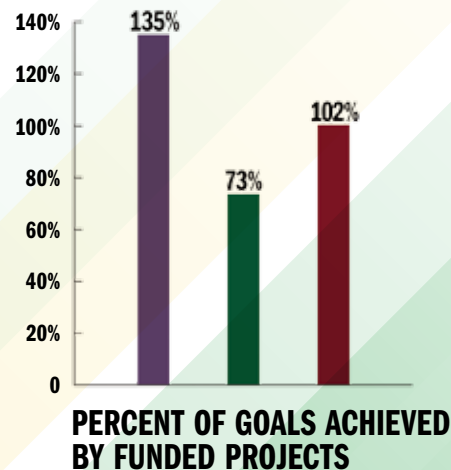
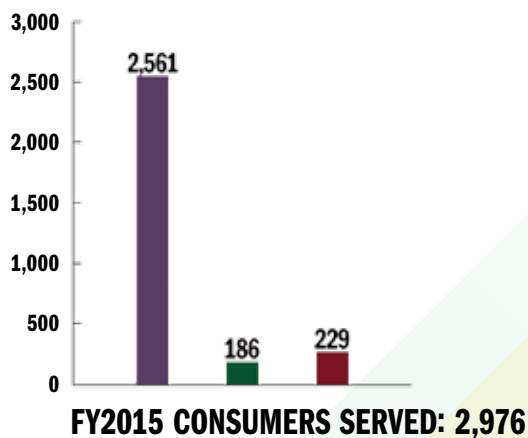
- Parenting
- Successful Learners
- Healthy Life Skills
- At-Risk Youth



Community Mental Health Fund

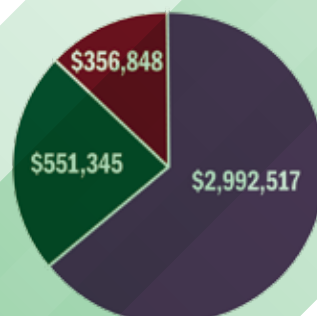
The Community Mental Health Fund enables the Saint Louis Mental Health Board to invest in quality, evidence-based practices designed to address adult behavioral and substance abuse challenges. Evidence-based practices are effective, efficient and economical and lead to measurable outcomes that impact the overall quality of life in our City. In 2015, the Community Mental Health Fund focused on investments in programs addressing the needs of individuals with serious behavioral health disorders in our City to:

- achieve and **sustain** progress toward **recovery**
- **avoid relapse** or other emergencies
- manage behavioral health and other chronic conditions and achieve a **lifetime of health**.



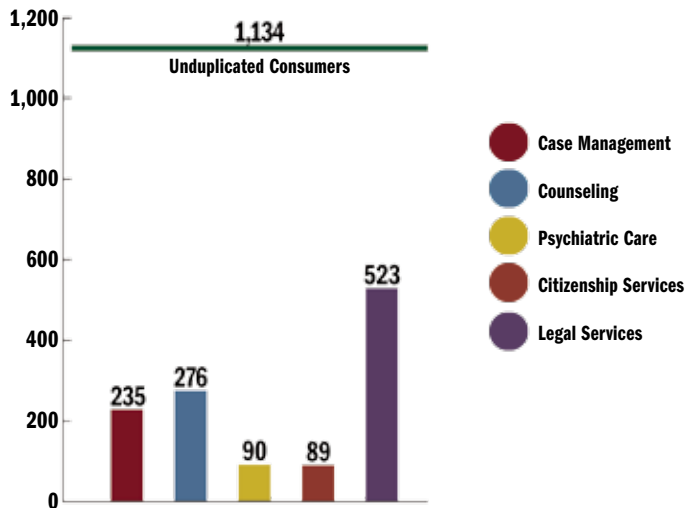
IMPACT AREAS:

- Sustain Recovery
- Avoid Relapse
- Lifetime of Health



**DOLLARS INVESTED
TOTAL: \$3,900,710**

Federal Operating Grants

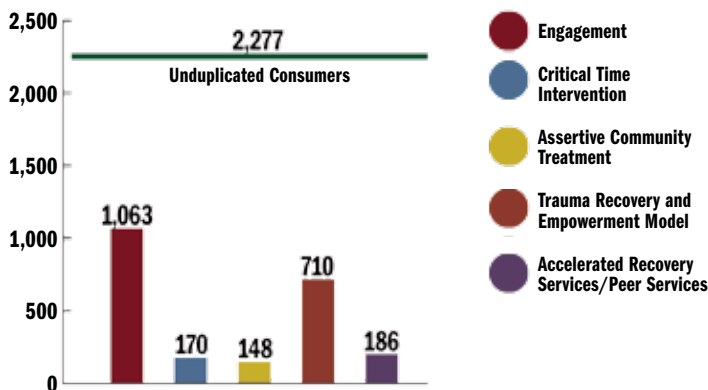


OFFICE OF REFUGEE RESETTLEMENT/CARE ACCESS FOR NEW AMERICANS

U.S. Department of Health and Human Services (HHS), Office of Refugee Resettlement

Survivors Partnership and Care Access for New Americans (CANA)

For nearly 15 years, Saint Louis Mental Health Board has developed and led the Survivors Partnership in concert with CANA which together have formed a holistic system of mental health, legal and related supports for a large and culturally diverse population of new immigrants, refugees and asylum seekers, drawn from the estimated 10,000 survivors of state-sponsored torture who have found a home in the St. Louis area. Blending local funds with federal HHS, Office of Refugee Resettlement funds, the Survivors Partnership has adapted evidence-based programs such as Motivational Interviewing to help the survivor population achieve and sustain progress toward recovery. Service partners include: Places for People, Bi-Lingual International Assistant Services, Center for Survivors of Torture and War Trauma, International Institute, Catholic Family Services, and CIC Consulting.

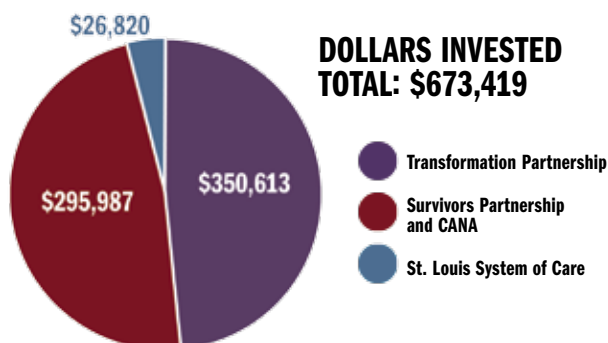


SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

U.S. Department of HHS, Substance Abuse and Mental Health Services Administration (SAMHSA)

The Transformation Partnership

The Transformation Partnership was established to make behavioral health services more responsive and housing more accessible to people with severe behavioral health disorders. As a result of the project, the Saint Louis Mental Health Board created strategic partnerships that led to the integration of seven evidence-based programs into the local mental health service delivery system. A significant feature of the Partnership was the focus on Trauma Informed Systems of Care, which has become a priority for the St. Louis region. The array of trauma-informed, evidence-based services has contributed to better outcomes for program participants. The partnership includes: Places for People, Queen of Peace Center, NAMI St. Louis, and UMSL—Missouri Institute of Mental Health.



St. Louis Regional System of Care

MHB provides sponsorship to the St. Louis Regional System of Care to administer a one-year planning grant from SAMHSA to enhance and expand the children's mental health system of care in St. Louis City and County. A system of care is a coordinated network of services and supports that builds meaningful partnerships with families and youth in order to help youth with serious emotional disturbance function better at home, in school, in the community, and throughout life. At the conclusion of the planning grant, MHB will provide support for a four-year cooperative agreement to implement the plan.

Financials FY15 July 1, 2014–June 30, 2015

CONDENSED FINANCIAL STATEMENT

ASSETS AND DEFERRED OUTFLOWS

Cash and Investments	\$	21,746,630
Receivables		1,209,799
Other		148,526
Total Assets	\$	23,104,955
Deferred Pension Contribution Outflows		120,469
Total Assets and Deferred Outflows	\$	23,225,424

LIABILITIES, DEFERRED INFLOWS AND NET POSITION

LIABILITIES AND NET POSITION

Accounts and Grants Payable	533,325
Liabilities	433,565
Total Liabilities	\$ 966,890

DEFERRED INFLOWS

From Pension Investment Return & Plan Experience	29,193
Net Position	22,229,341
Total Liabilities, Deferred Inflows and Net Position	\$ 23,225,424

CONDENSED STATEMENT OF REVENUES, EXPENSES, AND CHANGES IN NET POSITION

OPERATING REVENUES

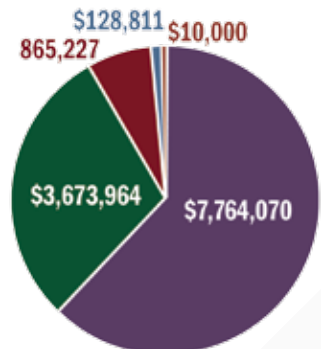
Children's Services Fund Tax Revenues	\$	7,764,070
Mental Health Fund Tax Revenues		3,673,964
Federal Operating Grants		865,227
Investment Income		128,811
Other Income		10,000
Total Operating Revenues	\$	12,442,072

OPERATING EXPENSES

Children's Services Fund Projects	7,164,550
Mental Health Fund Projects	3,900,710
Federal Operating Grants	673,419
Direct Project Expenses	941,128
Other	624,066
Total Operating Expenses	\$ 13,303,873

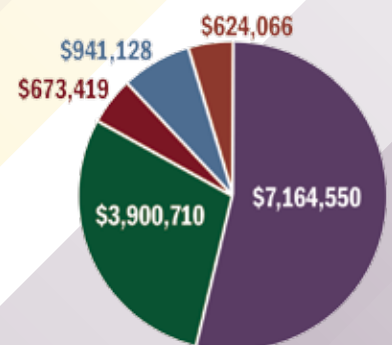
Excess of Expenses over Revenues	(861,801)
Net Position, Beginning of Year	23,091,142
Net Position, End of Year	\$ 22,229,341

REVENUE BY SOURCE



- Children's Services Fund Tax Revenues
- Mental Health Fund Tax Revenues
- Federal Operating Grants
- Investment Income
- Other

EXPENDITURES



- Children's Services Fund Projects
- Mental Health Fund Projects
- Federal Operating Grants
- Direct Project Expenses
- Other

Who We Fund

Community Children's Services Fund



Impact Area 1:

PARENTS PROVIDE SAFE AND NURTURING ENVIRONMENTS FOR THEIR CHILDREN

Children's Advocacy Services of Greater St. Louis

TASK for Caregivers – Trauma Assessment, Skills, & Knowledge

Epworth Children and Family Services

Family Support Network Program

Family Resource Center

St. Louis Volunteer Resource Parents

Fathers' Support Center, St. Louis

*Family Formation
Youth Male Involvement Project*

Foster and Adoptive Care Coalition

30 Days to Family

Great Circle

Fostering Futures

Neighborhood Houses

Caroline Mission Family Support Program

Nurses for Newborns

Healthy Start

Places for People, Inc.

The Incredible Years

Redevelopment Opportunities for Women

Family Strengths Program

St. Louis Crisis Nursery

Family Empowerment Program: Crisis Reduction Project

Wesley House Association

Parents Helping Parents

Impact Area 2:

CHILDREN AND YOUTH ARE SUCCESSFUL LEARNERS

Area Resources for Community and Human Services (ARCHS)

Afterschool Investment Management Partnership

Big Brothers Big Sisters of Eastern Missouri

ABCToday!

Children's Advocacy Services of Greater St. Louis

CBITS – Cognitive Behavioral Intervention for Trauma in Schools

Foster and Adoptive Care Coalition

Educational Advocate for Foster/Adopted Children

Legal Services of Eastern Missouri

Improving Educational Outcomes for Children

Marian Middle School

College Readiness Program

Northside Youth And Senior Service Center, Inc.

*DREAMS at Sumner and Stevens
DREAMS Program at Northwest Academy of Law*

Saints Teresa and Bridget Church

Summer Enrichment Program

SouthSide Early Childhood Center

Bright Futures Developmental Skills Program

United 4 Children

*Non-Public Afterschool Investment Management Partnership
Social Emotional Competency*

United Way of Greater St. Louis

*Child Care Scholarships
Ready by 21 St. Louis*

Vision for Children At-Risk

Support for Mayor's Commission on Children, Youth & Families

Wesley House Association

Childhood Literacy Program





(Community Children's Services Fund continued)

Impact Area 3:
CHILDREN AND YOUTH HAVE HEALTHY LIFE SKILLS

EducationPlus Resources Inc.

Bully Prevention, the CHARACTERplus Way

Covenant House of Missouri

CHMO Supportive Living Program

Epworth Children & Family Services

Character Development and Life Skills Training

Lutheran Family and Children's Services

STEP Up (Strengthen, Teach, Empower, Prepare)

North Grand Neighborhood Services

Angel Baked

Safe Connections

Teen Dating Violence Prevention Education Program

St. Louis ArtWorks

St. Louis Artworks

St. Louis Internship Program

MHB Community Internships

Impact Area 4:

AT-RISK AND TROUBLED CHILDREN
AND YOUTH ARE STABILIZED

**22nd Judicial Circuit Court of Missouri,
Family Court—Juvenile Division**

Family Subcontracted Services

Psychological Services Unit

Amanda Luckett Murphy Hopewell Center

Creative Expressions

Children's Advocacy Services of Greater St. Louis

Healthy Kids Connection Project

Trauma-Informed System of Care –

Therapy & Psychiatric Services

Children's Home Society of Missouri

Education and Counseling Services

College Bound

Mental Health Intervention for

Troubled High School Students

Epworth Children & Family Services

Aging Out of Foster Care

Family Resource Center

St. Louis City Child Abuse Prevention and

Treatment Project

Foster and Adoptive Care Coalition

Family Works

Kids in the Middle

School Outreach Counseling Program

Missouri Department of Mental Health

Adolescent C-STAR

One Hope United

Functional Family Therapy

Our Little Haven

Keystone Mental Health Program

Places for People, Inc.

Multisystemic Therapy

The Washington University/The SPOT

AWARE Initiative

Trauma Informed Care

Voices for Children

Healing and Prevention for Foster Youth



Who We Fund

Community Mental Health Fund

Impact Area 1:

INDIVIDUALS WITH SERIOUS BEHAVIORAL
HEALTH DISORDERS ACHIEVE AND SUSTAIN
PROGRESS TOWARD RECOVERY

Bi-Lingual International Assistant Services

CANA Interpretation

CANA Therapy

*The Partnership Paradigm for
St. Louis Survivors of Torture*

Bridgeway Behavioral Health

Recovery Enhancement

Center for Survivors of Torture and War Trauma

CANA Therapy

CANA Interpretation

*The Partnership Paradigm for
St. Louis Survivors of Torture*

Employment Connection

Back to Health, Back to Work

Family Care Health Centers

IMPACT Recovery

Independence Center

Working Toward Recovery

International Institute of St. Louis

CANA Interpretation

CANA Therapy

Legal Services of Eastern Missouri

Legal Interventions to Promote and Sustain Recovery

Maternal, Child and Family Health Coalition

*Improving Mental Health of Pregnant and Postpartum
Women Investment Management Partnership*

Missouri Department of Mental Health

*St. Louis Partnership for Mental Health and
Housing Transformation Medicaid Match*



NAMI St. Louis (National Alliance on Mental Illness)

*St. Louis Partnership for Mental Health
and Housing Transformation*

Places for People, Inc.

*CANA Outreach, Engagement and Case Management
CANA Interpretation
Public Administrator Liaison
Rapid Transition to Recovery
St. Louis Partnership for Mental Health
and Housing Transformation
Supporting Recovery Opportunities
The Partnership Paradigm for
St. Louis Survivors of Torture*

Queen of Peace Center

*St. Louis Partnership for Mental Health
and Housing Transformation*

Safe Connections

Therapy for Victims of Relationship and Sexual Violence

The Salvation Army – Midland Division

Integrated Team Approach to Mental Health Services

University of Missouri–St. Louis

Missouri Institute of Mental Health
*St. Louis Partnership for Mental Health
and Housing Transformation*



(Community Mental Health Fund continued)

Impact Area 2:

INDIVIDUALS WITH SERIOUS BEHAVIORAL
HEALTH DISORDERS WHO REQUIRE FREQUENT
INTERVENTIONS ACROSS SERVICE SYSTEMS
MANAGE THEIR CONDITIONS TO AVOID
RELAPSE OR EMERGENCIES

City of St. Louis, Department of Human Services

St. Louis City Jail Diversion Project

Covenant House of Missouri

Clinical Services

Preferred Family Healthcare

Relapse Prevention Mentoring Plus



Impact Area 3:

INDIVIDUALS WITH SERIOUS BEHAVIORAL
HEALTH DISORDERS AND OTHER CHRONIC
CONDITIONS MANAGE THEIR OVERALL
HEALTH ACROSS THEIR LIFESPAN

Bi-Lingual International Assistant Services

Steps to Better Health

Family Care Health Centers

Recovery Support Project

Preferred Family Healthcare

IMPACT Recovery (Integrated Care Project)

Queen of Peace Center

IMPACT Recovery (Building Bridges)



Youth Mini-Grants

Covenant House Missouri's Youth

Project: Pups and Pediatrics

De La Salle Middle School

*Project: LaSallian Looming Co. —
Warming Heads and Hearts*

Saint Louis Story Stitchers Artists Collective

Project: Big Hug in a Bag

South Broadway Art Project

*Project: Bike Rack Sculptures (2)
Project: Build a Box (2)
Project: Froggie Park Totem Pole*

Yeyo Arts Collective

Project: Girls Create Reading Group

Youth Council for Positive Development

*Project: Know Your Rights
Project: Love a Book*

Improving the lives of our City's most vulnerable children and adults

BOARD OF TRUSTEES

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Kingdom House

Senior Companion Program
Tower Grove East Neighborhood

Roy Wilson, M.D., Vice Chair

Medical Director,
St. Louis Psychiatric Rehabilitation Center
Downtown Neighborhood

Carolyn Jackson, Secretary/Treasurer

Manager of Upward Bound/TRIO
SLCC—Forest Park
Enright Neighborhood

Marguerite Grandelious

Ritenour School District, Retired
Central West End Neighborhood

David Laslo

President, Strategic Research & Analytics
Carondelet Neighborhood

Phil Minden

Senior Vice President, Sterling Bank
Forest Park Southeast Neighborhood

Caroline Korybut

Community Volunteer
Central West End Neighborhood

Steve Doss

S.J. Associates, Retired
St. Louis Hills Neighborhood

Linda Grayson

May Company, Retired
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Jennifer Rogers

Senior Project Director
Information Services

Carter Whitson

Project Director

Celestina Zavala

Secretary

TRUSTEES AND STAFF LISTED ABOVE ACTIVELY SERVED ALL OR PART OF THE 2015 FISCAL YEAR



Saint Louis Mental Health Board